

**FDOC 2022**



## **FOUNDATION #1 COURSE**

**THE NEXT AGILITY FOUNDATION #1 COURSE WILL COMMENCE**

**5<sup>th</sup> February, 2022 at 11am**

**And run on the following dates**

**5/2; 12/2; 19/2; 26/2**

**This year we are offering the course in 2 parts of 4 weeks each, Foundation #1 and Foundation #2**

**The courses introduce the Foundation skills required to be able to do agility.**

**You must attend all classes in Foundation #1 to progress to Foundation #2. Graduation from Foundation #2 allows you to join Beginners Class where you will begin running short courses.**

**It is important that you attend all classes as new activities are introduced each week and your instructor will not be able to help you catch up missed lessons.**

**There will be homework to practice each week plus you do need to have the internet available for email, youtube and fb access**

For enquiries and bookings please email [sandys2@tpg.com.au](mailto:sandys2@tpg.com.au)